



BEEF ROUND ROAST, READY-TO-COOK, FROZEN

Date: April 2009

Code: A613

PRODUCT DESCRIPTION

- Beef round roasts are individually vacuum packaged and frozen. They are made from USDA Select, Choice, or Prime beef.

PACK/YIELD

- Beef round roasts are 2 pounds, packed frozen, which is about 7 servings (about 3 ounces each) of cooked beef.

STORAGE

- Keep frozen at 0 degrees F until ready to use.
- After cooking, store leftover beef in a covered container that is not made from metal in the refrigerator. Use within 2 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Website at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- It is important to properly handle all beef roasts to avoid spoilage or food poisoning.
- To thaw beef roasts in the refrigerator, place wrapped beef on a platter or in a bowl to catch any drips or juices on the lowest shelf. Thaw overnight or for at least 10 to 12 hours.
- To thaw beef roasts in the microwave, use defrost or medium-low setting; microwave 2 minutes; let stand 2 minutes. Repeat as needed. Turn beef regularly as it thaws. Be sure beef is covered to reduce splattering.
- For food safety reasons, DO NOT thaw beef roasts on countertops or at room temperature.
- Cook immediately after thawing; beef roasts should be cooked to an internal temperature of 145 to 160 degrees F using a food

thermometer. You can't tell if food is cooked safely by how it looks. Only a food thermometer can provide accurate information.

USES AND TIPS

- A beef round roast may be pot roasted or braised (cooked in liquid). Cook meat slowly in a small amount of liquid in a covered pan over low heat.
- Roasted or braised beef roasts for about 45 minutes per pound at 325 degrees F. A 2-pound roast will take about 1 ½ hours to cook.

See back for more information.

NUTRITION FACTS

Serving size: 3 ounces (85g) cooked beef roast

Amount Per Serving

Calories	290	Calories from Fat	80
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% Daily Value*

Total Fat 8g		13%
Saturated Fat 3g		16%
Trans Fat 0g		
Cholesterol 65mg		22%
Sodium 30mg		1%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 27g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet.

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- Slice cooked beef roasts and serve with gravy; steamed vegetables; and rice, noodles, or potatoes.
- Sliced cooked beef roast make an excellent sandwich.

NUTRITION INFORMATION

- 3 ounces of cooked beef counts as 3 ounce towards in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving size is about 3 ounces.
- 3 ounces of cooked beef roast provides 15% of the daily recommended amount of iron.

FOOD SAFETY INFORMATION

- Beef may contain bacteria that can cause illness if it is mishandled or cooked improperly. For your protection, keep refrigerated or frozen; follow proper thawing directions listed under Preparation/Cooking; keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), tools, and hands after touching raw meat or poultry. Cook thoroughly. Keep hot foods hot. Refrigerate leftovers immediately or throw away.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov
- For more recipes, go to: http://www.fns.usda.gov/fdd/recipes/hp_cookbooks.htm

BEEF POT ROAST

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 frozen beef round roast (2 pounds), thawed
- ½ cup onion, chopped
- Nonstick cooking spray
- 2 cups hot water
- 1 beef bouillon cube
- 1 tablespoon orange juice
- ¼ teaspoon black pepper

Directions

1. In a large heavy skillet coated with nonstick cooking spray, cook onions until soft.
2. Add beef round roast to skillet and brown on all sides.
3. In a small bowl, combine the hot water with the bouillon cube and stir until it dissolves. Mix in orange juice and pepper.
4. Pour over meat. Cover and cook over low heat for 1 ½ to 2 hours.

Nutritional Information for 1 serving (about 3 ounces) of Beef Pot Roast

Calories	360	Cholesterol	110 mg	Sugar	1 g	Vitamin C	2 mg
Calories from Fat	150	Sodium	140 mg	Protein	47 g	Calcium	17 mg
Total Fat	17 g	Total Carbohydrate	2 g	Vitamin A	0 RAE	Iron	4 mg
Saturated Fat	6 g	Dietary Fiber	0 g				

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

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BARBEQUE BEEF

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 frozen beef round roast (2 pounds), thawed
- 4 garlic cloves, chopped
- ½ teaspoon black pepper
- 1 ½ cups barbecue sauce

Directions

1. Preheat oven to 425 degrees F.
2. Place beef roast in a roasting pan. Rub garlic and pepper on the roast and put in the oven for 30 minutes.
3. Turn oven down to 325 degrees F, and roast another 2 to 3 hours or until beef is tender enough to be pulled apart with a fork.
4. Remove from oven. Shred beef by pulling it apart with a fork into a bowl.
5. Pour barbecue sauce and garlic over beef. Stir well.

Tips

This recipe is delicious on its own, served with rice, or with potatoes and vegetables. Or try spooning the cooked beef onto a sandwich roll.

Nutritional Information for 1 serving (about 3 ounces) of Barbecue Beef

Calories	390	Cholesterol	110 mg	Sugar	0 g	Vitamin C	4 mg
Calories from Fat	160	Sodium	440 mg	Protein	47 g	Calcium	22 mg
Total Fat	18 g	Total Carbohydrate	6 g	Vitamin A	0 RAE	Iron	4 mg
Saturated Fat	7 g	Dietary Fiber	1 g				

Recipe adapted from Recipezaar.com